



MARSH CREEK TRACK OUT X-PRESS PROGRAM- TRACK 2 WEEK OF AUGUST 22-26



TIMES	MONDAY 8/22	TUESDAY 8/23	WEDNESDAY 8/24	THURSDAY 8/25	FRIDAY 8/26
7:30	Choice play activities 7:00AM-9:00AM Marsh Creek, under the sea!				
8:00					
8:30					
9:00	Snack	Snack	Snack	Snack	Snack
9:30	Open Assembly Egg Roll	Open Assembly Egg Dance	Open Assembly Double Trouble	Open Assembly Keep it up!	Open Assembly Marble Grande
10:00	Outside: Four Square	Cooking Project: Jello sea Creations	Pick up at 10:00 Museum of life and Science 11:00-2:00 Depart at 2:00 Bring your lunch and pack cold water. Wear comfortable walking shoes.	Music: My Fishy Song	Outside: Group Juggling
10:30					
11:00	Gym games:	Gym games:		Gym games:	Gym games:
11:30	Crocodile Island Crabs & Crawdads	Fish Gobbler Fleetball		Hairy Scary Monster Hectic	Indiana Jones Cross the Ocean
12:00					
12:30	Lunch	Lunch		Lunch	Lunch
1:00	Quiet time Airplane Toss	Quiet time Quiet ball	Bring your lunch and pack cold water. Wear comfortable walking shoes.	Quiet time/ Pool Change	Movie With popcorn "Finding Nemo"
1:30	Ball around the world			Pick up at 1:20	
2:00	Art project: Patriot Bug magnet craft	Nature: (Outside) Discover What lies below		Millbrook Pool 1:50-3:05	Outside water play Bring bathing suit
2:30					
3:00	Gym games: Fruit Basket	Gym games:	Art project: Color your own look at me poster!	Depart at 3:20	Gym games: Opposite Game
3:30					
4:00	Snack	Snack (Carrots)	Snack (Cherries)	Snack (Apples)	Snack (Celery)
4:30-6:30	Choice play activities				



Fieldtrip



Special Program/Movie



Art/Cooking Project



MARSH CREEK TRACK OUT X-PRESS PROGRAM- TRACK 2 **WEEK OF AUGUST 29-SEPTEMBER 2**



TIMES	MONDAY 8/29	TUESDAY 8/30	WEDNESDAY 8/31	THURSDAY 9/1	FRIDAY 9/2
7:30	Choice play activities 7:00AM-9:00AM Marsh Creek, under the sea!				
8:00					
8:30					
9:00	Snack	Snack	Snack	Snack	Snack
9:30	Open Assembly Matchmaker	Pick up at 9:30 Jellybeans-Cary 10:00-12:00 Depart at 12:00	Open Assembly Counselor's choice	Open Assembly Wheel of a Deal	Open Assembly Yank me
10:00	Outside activities: Frozen Beanbag		Outside activities: Kickball	Music: (Outside) Parachute-Lifeguard & Jumping Fish!	Cooking Project: Let's go fishing
10:30					
11:00	Gym games:		Gym games:	Gym games:	Gym games:
11:30	Monarch		Parachute	Spot the Lion	Sticky Tag
12:00	Personal Pin-ball		4 corners	Steal the Bacon	Abskan Kickball
12:30	Lunch	Lunch	Lunch	Lunch	Lunch
1:00	Quiet time	Quiet time	Quiet time	Quiet time	Marsh Creek Luau!! Come dressed up in your grass skirts, summer clothes and ready to party!!! Outside water play Bring bathing suit
1:30	Bippity, Boppity, Bop Chief	Cops & Robbers The Club Game	Ducks Fly Ghost in Graveyard	Pick up at 1:20 Millbrook Pool 1:50-3:05 Depart at 3:20	
2:00	Art Project: 3D or Butterfly ornament	Art Project: Seashell bracelets	Nature: Life in the Ocean Card game		
2:30					
3:00	Gym games:	Gym games:	Gym games:		
3:30	Run the Canyon	Scrambled Eggs	Shipwreck Smugglers		
4:00	Snack (Bananas)	Snack (Peaches)	Snack (Fruit cup)	Snack (Plums)	Snack (Watermelon)
4:30-6:30	Choice play activities				



Fieldtrip



Special Program/Movie



Art/Cooking Project



MARSH CREEK TRACK OUT X-PRESS PROGRAM- TRACK 2 WEEK OF SEPTEMBER 5-9



TIMES	MONDAY 9/5	TUESDAY 9/6	WEDNESDAY 9/7	THURSDAY 9/8	FRIDAY 9/9
7:30	Choice play activities 7:00AM-9:00AM Marsh Creek, under the sea!				
8:00					
8:30					
9:00	HOLIDAY	Snack	Snack	Snack	Snack
9:30		Open Assembly This Blow	Open Assembly Tilt-a-cup	Open Assembly Counselors Choice	Open Assembly Counselors Choice
10:00		Outside activities: Frisbee Golf	Cooking Project: River of Fish	Music: Sea Partners	Outside activities: Four square
10:30					
11:00		Gym games:	Gym games:	Gym games:	Lunch
11:30		Basketball-Bascode Dodge ball-Rainstorm	Dodge ball- Co-op Soccer	Capture the Flag Alien Invasion	Pick up at 11:30 BounceU 12:00-2:00 Pick up at 2:00 Wear comfortable shoes with socks. No money needed
12:00					
12:30		Lunch	Lunch	Lunch	
1:00		Quiet time Going on a Picnic Group Juggling	Quiet time Hagoo Laryngitis Singing	Pick up at 1:05	
1:30				Pullen Pool 1:35-2:50	
2:00				Depart at 3:05	
2:30		Art project: Sand art bug magnets Art Project: Tissue Fish	Nature: Make your own sailboat		
3:00	HOLIDAY	Gym games: Bowling Pin Captain Midnight	Gym games: Knockout	Gym games: Spud	Outside water play Bring bathing suits
3:30					
4:00		Snack (Raisins)	Snack (Pineapples)	Snack (Oranges)	Snack (Slice tomato)
4:30-6:30	Choice play activities				



Fieldtrip



Special Program/Movie



Art/Cooking



MARSH CREEK TRACK OUT X-PRESS PROGRAM- TRACK 2

WEEK OF SEPTEMBER 12-16



TIMES	MONDAY 9/12	TUESDAY 9/13	WEDNESDAY 9/14	THURSDAY 9/15	FRIDAY 9/16
7:30	Choice play activities 7:00AM-9:00AM Marsh Creek, under the sea!				
8:00					
8:30					
9:00	Snack	Snack	Track 2 Back in school	Track 2 Back in school	Track 2 Back in school
9:30	Open Assembly	Open Assembly This Blow			
10:00	Outside activities: Four Square	Outside activities: Double Trouble			
10:30					
11:00	Gym games:	Gym games:			
11:30	Hagoo Laryngitis Singing	Capture the Flag Alien Invasion			
12:00					
12:30	Lunch	Lunch			
1:00	Quiet time 10 minute reading Quiet ball	Quiet time 10 minutes reading Dry erase board golf			
1:30					
2:00					
2:30	Music: Musical Chairs	Art project: BJ Choice			
3:00	Gym games: Run the Canyon	Gym games: Knockout	Track 2 Back in school	Track 2 Back in school	Track 2 Back in school
3:30					
4:00	Snack (Cantaloupe)	Snack (Raisins)			
4:30-6:30	Choice play activities				



Fieldtrip



Special Program/Movie



Art/Cooking Project

Marsh Creek Track Out

Track 2– Week 1



Welcome to Track Out X-Press 2011-12! We are excited to see new faces and welcome back are old participants. Any questions you have we will be more than happy to answer them for you.

Participants need to either wear or bring tennis shoes everyday to camp please! We want your child to be safe when participating in activities.

Field Trips and More!

Millbrook Pool – Children will go swimming. Make sure they have their bathing suits, shower shoes and a towel. This is an indoor and outdoor pool. The address is: 1905 Spring Forest Road, Raleigh NC 27615

Museum of Life & Science– We will explore the museum exhibits, visit the butterfly house, visit the animal habitats and more! Please dress appropriately for the weather as some exhibits require walking outside from one building to another. The address is: 433 Murray Avenue, Durham NC 27704 (919) 220-5429.

- Make sure upon your child entering the program, that they wash their hands.
- Each day at lunch we offer the children milk to drink.
- During rest time we like for children to bring a book to read for the first 10 minutes. We recommend that your child brings a blanket or large towel to sit or lay on for quiet time.

Please remember to send 2 snacks and a lunch with your child each day.

This track year we have “Blue” security tags. The old tags will no longer be excepted. Make sure you check in with us for your new tag.

Also, upon picking up your child, a security key tag must be shown prior to the release of your child.



Marsh Creek Track Out

Track 2 – Week 2



Welcome to Track Out X-Press 2011-12! We are excited to see new faces and welcome back are old participants. Any questions you have we will be more than happy to answer them for you.

Participants need to either wear or bring tennis shoes everyday to camp! We want your child to be safe when participating in activities.

Field Trips and More!

Millbrook Pool – Children will go swimming. Make sure they have their bathing suits, shower shoes and a towel. This is an indoor and outdoor pool. The address is: 1905 Spring Forest Road, Raleigh NC 27615

Jelly Beans (Cary)– Participants will have an opportunity to skate, play video games, and eat at the snack bar. Extra fees for video games, and snack bar are optional. Skating is free however if your child want in-line skates they need to bring \$1.00. Children will need long socks. 1120 Buck Jones Road, Raleigh NC 27606.

- Make sure upon your child entering the program, that they wash their hands.
- Each day at lunch we offer the children milk to drink.
- During rest time we like for children to bring a book to read for the first 10 minutes. We recommend that your child brings a blanket or large towel to sit or lay on for quiet time.

Please remember to send 2 snacks and a lunch with your child each day.

This track year we have “Blue” security tags. The old tags will no longer be excepted. Make sure you check in with us for your new tag.

Also, upon picking up your child, a security key tag must be shown prior to the release of your child.



Marsh Creek Track Out

Track 2– Week 3



Welcome to Track Out X-Press 2011-12! We are excited to see new faces and welcome back are old participants. Any questions you have we will be more than happy to answer them for you.

Participants need to either wear or bring tennis shoes everyday to camp please! We want your child to be safe when participating in activities.

Field Trips and More!

Pullen Pool – Children will go swimming. Make sure they have their bathing suits, shower shoes and a towel. This is an indoor pool only. The address is: 408 Ashe Avenue, Raleigh NC 27606

BounceU- is filled with multiple inflatable houses that will be sure to get the kids jumping around! Be sure to wear socks! Money is optional for snacks. The address is: 3419 Apex Peakway, Apex NC 27502

- Make sure upon your child entering the program, that they wash their hands.
- Each day at lunch we offer the children milk to drink.
- During rest time we like for children to bring a book to read for the first 10 minutes. We recommend that your child brings a blanket or large towel to sit or lay on for quiet time.

Please remember to send 2 snacks and a lunch with your child each day.

This track year we have “Blue” security tags. The old tags will no longer be excepted. Make sure you check in with us for your new tag.

Also, upon picking up your child, a security key tag must be shown prior to the release of your child.



Marsh Creek Track Out

Track 2– Week 4



Welcome to Track Out X-Press 2011-12! We are excited to see new faces and welcome back are old participants. Any questions you have we will be more than happy to answer them for you.

Participants need to either wear or bring tennis shoes everyday to camp please! We want your child to be safe when participating in activities.

Field Trips and More!

Track out for this week is September 12th and 13th. There will be no field trips this week.

- **Make sure upon your child entering the program, that they wash their hands.**
- **Each day at lunch we offer the children milk to drink.**
- **During rest time we like for children to bring a book to read for the first 10 minutes. We recommend that your child brings a blanket or large towel to sit or lay on for quiet time.**

Please remember to send 2 snacks and a lunch with your child each day.

This track year we have “Blue” security tags. The old tags will no longer be excepted. Make sure you check in with us for your new tag.

Also, upon picking up your child, a security key tag must be shown prior to the release of your child.

